

Therapeutic & Senior Center

261 Rickarby St. (Woodcock School Building)

Therapeutic Specialists

Ella Austin-Mooney 251-208-1668

and

Jennifer Coppage 251-208-1670

02-901 Exploring Art

You will dive into clay and swim with color as you do a little of this and a little of that in the world of art. This program is designed for individuals with disabilities but all can come and enjoy. For more information call Jennifer at 208-1670 or email specialactivities@live.com

Location: Therapeutic Center

Supply Fee of \$5 per month

Times/Days: 2 sessions to choose from

Tues.: 9:30-10:30 or 10:45-11:45

Sports and Fitness

02-323 Goalball

Be a part of Mobile Ignite, a team sport designed for those with visual impairments but all may participate. Team players defend their goal as they dive for a ball. Head gear restricts all players' vision to complete darkness, so the specially designed ball is located by sound only. This sport is a Paralympics sport, great for both sexes and fun for all ages. For more information call Jennifer at 208-1670 or email specialactivities@live.com

Location: Kate Shepard Elementary

Instructor: Jennifer Coppage

Times/Days: Tues.: 3:30 p.m.-5:30 p.m.

02-345 Archery

Learn the Art of shooting with a bow and arrow. We will learn the basics and improve our aim as we shoot at targets. This class is designed for individuals with disabilities but all can come and enjoy. For more information call Jennifer at 208-1670 or email specialactivities@live.com

Location: Therapeutic Center

Instructor: Jennifer Coppage

Tues.: 8:30 a.m.-9:15 a.m.

02-317 Weight Training

This class is designed for individuals with a physical disability. Individuals will work towards improving their strength in order to achieve personal physical goals. For more information call Jennifer at 208-1670.

Location: TBA

Instructor: Jennifer Coppage

Tues. and Thurs.: 12:30-2:30 p.m.

02-351 Adapted Sports Club

Become part of Mobile Ignite an adapted sports team for individuals with a physical disability. Learn shot put, discus, and archery as well as other sports. For more information call Jennifer at 208-1670 or email specialactivities@live.com

Location: Therapeutic Center

Instructor: Jennifer Coppage

Thurs.: 4-5:30 p.m.